

Trends & Traditions

May 2015

Find us on Facebook

Madison Senior Center

MEMORIAL DAY PICNIC

Join us for Boars Head hot dogs, sauerkraut, potato salad, chips, dessert and iced tea or lemonade. All items are provided by an anonymous donor!
Registration is limited, sign up quickly!
Monday, May 18th at 11:45



Free

Tour of the Deacon John Grave House

Learn the history behind the Deacon John Grave House. and the story of seven generations of one Madison family. See how they lived and died, their joys and sorrows and their struggle to make ends meet in a constantly changing society. The home is two stories but no need to tour both floors, all are welcome!
Wednesday, May 13th at 9:45am



Free

The Adventurous Culinary Club Old Lyme Inn

Come on a culinary adventure to explore cuisines from around the world and make new friends! Go somewhere new every month, *on your own*. Prices vary, stop in for a copy of the menu. This month enjoy lunch at the **Old Lyme Inn** which is located on historic Lyme Street in beautiful Old Lyme, CT. The Inn was constructed circa 1856 by the Champlain Family. The 300-acre estate was a working farm until the CT Turnpike construction began in the early 1950's.
Friday, May 22nd Depart MSC at 11:00 **Bus Fee: \$2**



3rd Annual

Journey to Health and Wellness Fair

Thursday May 21st 10am-3pm

Vendors, Free Raffles, Speakers and more!
 Healthy Snacks will be available throughout the day
**Please note: no lunch provided today*

Schedule of Events

10-3pm Vendor Fair

11am Audiology Concierge "The Link Between Dementia and Hearing Loss"

1pm VNA "Do This Not That: A Guide To Family Caregiving"

2pm Madison Police Department: "Scams and Frauds"



CASH MOB

You may ask what a "Cash Mob" is, it is a group of people, in this case the Madison Senior Center who assemble at a local business to make purchases. The purpose is to support both the local business and the overall community.

Join us for our first escapade to Petrillo's Pizza where they are offering us a 15% discount!

Friday, May 1st Depart MSC at 11:30

Bus Fee: \$2

Novice Duplicate Bridge Game

Begin the session with a mini-lesson with the instructor. The games that follow will be "supervised," meaning that you can ask questions about bidding or plays as you play the hands. It is best to come with a partner, but if you can't, you can call the instructor, to be paired with someone. No reservations.

Director: Connie Graham 860-505-7833

Friday's - 12:15- 3:30

Fee: \$6 per session



SENIOR CITIZEN POLICE ACADEMY

May 6th thru June 10th



Chief of Police Jack Drumm of the Madison Police Department is pleased to announce the Madison Police Department Senior Citizen Civilian Academy. This is a six week course which is free of charge and is open to all residents over the age of sixty, will be held on **Wednesdays from 9:30 – 11:30 AM**, beginning Wednesday, May 6th. The first five sessions will be held at the Senior Center. A department tour and graduation held at the Madison Police Department on June 10th as the sixth session.

Topics Include:

Meet Chief of Police Jack Drumm & Commander Rich and Sgt. Race ★ **Into to the Madison Police Department**
K-9 Demonstration ★ **Crime Prevention Tips** ★ **911 Communication – What Happens When You Call Dispatch**
Animal Control ★ **Personal & Home Safety Tips** ★ **Identity Theft Protection** ★ **Crimes Against Senior Citizens** ★
General Traffic Safety ★ **SWAT Demonstration** ★ **Madison Ambulance** ★ **Accident Reconstruction**
Alarm Responses - What is involved

Interested applicants, contact Christie Hodge at the Madison Police Department (203) 318-3036 or by email at hodgecs@madisonct.org. Applications are available at the Madison Police Department and the Senior Center. Enrollment is limited to the first thirty applicants who register.

**MADISON SENIOR CENTER**

29 Bradley Road, Madison, CT 06443

PHONE: (203)245-5627**FAX:** (203) 318-0670**WEBSITE:** www.madisonct.org/seniors**HOURS:** Monday-Friday 8:30-4:00pm**SR. COMMUNITY CAFÉ****(203) 245-5686**

For lunch reservations call before noon the day before and leave a message.

DIAL-A-RIDE (203)245-5627

Operates on Mondays, Wednesdays and Fridays only. 48 hour notice required.

MUNICIPAL AGENT FOR THE**ELDERLY (203)245-5687****SENIOR COMMISSION**

Vice-Chairs..... Dr. Gerard Kerins
 Wendy Oberg
 Members..... James Ball
 Craig Bernard
 Mitchell Cohan
 Patricia Melady
 Sheri Puricelli
 Marcy Sanders
 Susan Woodall

The Senior Commission meets on the second Thursday of the month at the Senior Center.

The next meeting will be

May 14th, 2014 at 5:30pm

LIAISON TO BOARD OF**SELECTMEN.....Diane Stadterman****SENIOR CENTER STAFF**

Director of Senior Services.. Austin Hall
 Asst. Manager Heather Castrilli
 Program Coord Kristen Caramanica
 Secretary: Ellie Gillespie
 Bus Driver: Michael Rand
 Bus Driver: Helen Sneider
 Bus Driver: Dennis Marron
 Bus Driver: Tina Macero
 Café Manager..... Jodie Shevlin

Local Author:**Ruth Crocker - "Those Who Remain"**

Ruth W. Crocker, PhD., is a 2013 Pushcart Prize nominated author, writing consultant and expert on recovery from trauma and personal tragedy. She received an MFA in Creative Notification from Bennington College, a PhD in nutrition and Human Development from the University of CT, and she is the writer-in-residence at *River-right Wellness Center* in Stonington, CT.

Everyone has a story to tell, learn how to write and publish a memoir. If you feel compelled to write about your life or feel drawn to explore memories on the page, this lecture will show you tools to get started and keep going with regular writing practice. Ruth will share writing exercises, techniques, and information about the publishing process. Her memoir, *"Those Who Remain: Remembrance and Reunion After War"* was published in May 2014. Copies of her book will be available for purchase. Writers (or potential writers) of all levels are welcome. Bring paper and pen.

Mon., May 18th at 1pm PRE-Registration is required**FREE****Swedish Weaving**

Swedish Weaving is a very relaxing and fun needle craft that dates back centuries. The beauty of this needle-craft is that it only requires a few items: Monk's cloth, 4-ply yarn, a #13 yarn needle, scissors, a pattern, and the desire to create a unique, impressive handcraft. We will start with a small project. The instructor will explain, at the first class, what is needed. New students welcome. **No class on 5/12**

Tuesdays beginning May 5th FIRST CLASS TIME 10:00-12:00pm, Following classes will be held from 10:00-1:00 Pre-Registration is required FREE

"Quilts of Joy"

with Ellen Olson

If you are someone who can sew, cut or iron or wants to learn how to quilt and contribute your time, join us for "Quilts of Joy." Volunteer your time to help create beautiful quilts that are being donated to New Horizons Women's Shelter in Middletown. Please bring scissors, pin cushions (*rotary cutter and board if you have one*) and an excitement for quilting! Please call to register. **FREE**

Meets Tuesdays from 1:15-3:30 No meeting on 5/12

"SAFETY CHECK LIST"

Are you concerned for your safety in the event of a Hurricane or other weather event, or do you have someone you would worry about in the aftermath of an emergency weather event? The "safety check list" will be utilized in the case of an emergency. In the days following an emergency weather event, a representative from Madison Senior Services will contact those on the list. To add your name to the list, call **(203) 245-5627**.

Always plan and be prepared for at least 3 days following a weather emergency.

**BILLIARDS**

Next tournament will start the week of June 8th. Sign up at Front Desk by June 4th. The schedule will be available on June 5th.

Please give us a call if you are interested!

REMINDER: SENIOR & DISABLED TAX RELIEF PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

The Town of Madison and State of CT offer tax relief for elderly and/or totally disabled residents that own and occupy their property as a primary residence. There are income, age, and residency requirements in order to be eligible and qualify for the program. Please stop into the Senior Center for a complete list of guidelines. **2014 income taxes must be filed prior to appointment. Maximum Annual Income: \$63,660.**

TAX DEFERRAL PROGRAM

Monday, February 2nd through Friday, May 15th, 2015

Eligible participants can defer payment of the real estate taxes for as long as they meet the qualifications of the program. Deferral of taxes cannot exceed \$8,000 in any one tax year. Tax deferrals will be secured by a lien in the full amount and an interest rate is charged. The current interest rate is 1%. An applicant must first apply for the Tax Relief Program to be eligible for a deferral. **Maximum Annual Income: \$63,660.**

MEDICARE SAVINGS PROGRAM *Updated Program limits*

Helps to pay the monthly Medicare Part B premiums for qualifying participants. Depending on income level this program may also lower co-pays for prescriptions to between \$2.60 \$6.50 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance. There is no asset test of filing deadline for this program.

NEW GUIDELINES EFFECTIVE MARCH 1st 2015 Monthly Max. Income: Single: \$2,413.26 & Couple: \$3,266.88

RENT REBATE

Application intake begins Monday, May 18th, 2015

Participants will receive a one-time check in the fall to help offset rental expenses. Participants must submit proof of income for 2014, proof of rental, heating, electric, & water payments made in 2014. Eligible participants are age 65 & over, or disabled & have incurred rental expenses in 2014, in Connecticut. Applications will be accepted for PREVIOUS and NEW Applicants

2014 max. income: single: \$34,600 & couple: \$42,200

SAFELINK WIRELESS CELLPHONE

Provides eligible low-income households a free cell phone, mobile access to emergency services, and 3 different plan choices with free minutes of airtime monthly for 1 year. A qualifying customer must participate in one of the following programs: state energy assistance, Federal Public Housing Assistance/Section 8, Food Stamps, Medicaid/ Title 19, Personal Care Assistance, Refugee Program, Rental Assistance, SAGA, State Supplement to the Aged, Blind, or Disabled, SSI, TFA.



FOOD PANTRY

The food pantry is operated by Madison Community Services and available for those residents who need the assistance. The Pantry is located at Orchard Park off Mungertown Rd. and is open on Wednesdays from 11:00 AM – 3:00 PM. **Transportation is available through the Senior Center. Regular Bus Pick up for Concord Meadows will be around 12:30pm.**

Food Pantry Homebound Delivery - If you are unable to leave your home but would like to use the pantry arrangements can be made to have a delivery to your house. Volunteers deliver food from the pantry on Wednesday mornings. A qualifying person will be unable to physically go to the food pantry. Please contact Heather to register for this program.

SNAP PROGRAM (Formerly Food Stamps)

Helps offset food expenses. Money is given to eligible participants monthly, on an EBT debit card to use at local grocery stores. **Monthly Max. Income: Single: \$1,800, Couple: \$2,425.**



CAREGIVER SUPPORT GROUP

Join VNA's Caregiver Support Network expert, Molly Standley for an interactive, confidential support group. Share experiences, discuss ideas and problem-solve with other caregivers. Discuss different options such as: Curative, Palliative or Hospice Care. Discover ways to be mindful in healing from grief. Group meets the 3rd Tuesday of the month.

Tuesday, May 19th am-12pm FREE



Did you know that May is **Older Americans Month**? 2015 has many anniversaries I would like to acknowledge and celebrate. Medicare, Medicaid and the Older Americans Act are celebrating their Golden anniversary this year. Social Security is celebrating its 80th anniversary. And most importantly the Madison Senior Center is celebrating our 50th Anniversary in August. Keep an eye out for a special event taking place in August to commemorate this joyous occasion.

On May 21st we will host our **3rd Annual Journey to Health and Wellness Fair**. This year we have many new vendors and 3 great speakers. I encourage you to make it a point to stop by from 10am-3pm and visit the vendors and listen to the talks. I promise you will learn something and leave even more encouraged to continue your journey to Health and Wellness.

I need to ask a favor to all of you. Please sign up for programs early!! We have minimum numbers we need to reach in order for us to run each program and programs will be cancelled if we don't reach that number. I can't tell you how many times a person has come by the day of the program only to find out it was changed or cancelled and they did not know because they did not sign up. Please sign up early and tell your friends about all of the great things going on at the Madison Senior Center.

Happy Mother's day to all the Mom's in Madison. Have a great day and I hope you know how appreciated you really are.

Austin Hall

MADISON'S CONNECTICUT PHARMACY

Hosts a seminar on **"Stress and Hypertension."** Doug Kane the pharmacist and owner discusses the causes and effects stress has on people today. Doug will also share pointers on what can be done to decrease stress and hypertension. There will be time for questions and answers. Refreshments will be served.

Wednesday, May 13th at 12:45 Free

Come on Down!

Join us to play **"The Price Is Right"** sponsored by Loving Care, Inc.. If we draw your name "come on down, you will be the next contestant of *The Price is Right!*" The contestants will guess the price of an item or several items, whoever comes closest, wins a prize. Use your imagination, pricing skills, and have fun!

Wed., May 27th at 12:45 Free

"IT'S SPRING! TIME TO GET MOVING!"

Mary Jane Fegan, PT, owner of Rehab Concepts Physical Therapy will give a presentation on *"The Benefits of Exercise for Seniors"* Join her for some inspiring tips on how to get moving again. If you are like a lot of us and find it difficult to get as much exercise in the cold winter months (*especially this winter!*) but want to stay healthy and active, this presentation is for you.

Tuesday, May 19th at 10:30 Free

Memories into Memoirs: A Senior Writing Program

Instructor: Geri Pliska

In this course you will reflect on your life and relive special moments, so to begin to come to terms with other aspects of life. These exercises will be exciting and help motivate you to write! All attendees should be good listeners, able to maintain confidentiality, and have a willingness to share. As the weeks pass, there will be the joyful discovery by many of you of shared places and events. Everyone is amazed at the common ground they discover during the class. Many students repeat this class because they say it gives them motivation to put pen to paper. Not only is it popular here, at the Senior Center but across the country, so give it a try, you will enjoy it!

Mons., Apr. 20th-Jun. 1st 1-2pm no class 5/25 (6 wks) Fee: \$26R | \$36NR

ESTATE PLANNING with Joseph Fournier **Thursday, May 14th at 12:45**

Joe Fournier is the founder and president of Fournier Legal Services. He started this company after working in other national law firms gaining valuable experience and knowledge. This seminar will cover :

The what, why, who and when of Estate Planning • Is an attorney really necessary? • Myths and Pitfalls • Common Strategies • The Living Trust • Medical Decision Making • Your Action Plan • Summary of Key Terms.

Please be sure to pre-register for this free event by calling the Senior Center at (203) 245-5627.



Join the Madison Senior Center as we welcome our latest exhibit by *Muriel Waldvogel's Art 101 Class*. The show will run from May 25th thru July 3rd and is open Monday thru Friday from 8:30am-4pm (*other open times can be found by calling the Senior Center at 245-5627*).

The Art Gallery is a rotating gallery with a new local artist every 6 weeks. If you are an artist or know of a local artist with interest in exhibiting, please contact the Senior Center.

LEGAL ASSISTANCEThurs., May 28th 9-10am

Attorneys from Cronan and Shields offer private 15 min. counseling services
Call the MSC for an appointment.



HANDICAPPED PARKING PERMIT APPLICATION

Available in the Senior Center office.

NOTARY SERVICES

By appointment only.

MEDICARE COUNSELLING

By appointment only.

DIAL-A-RIDE

M, W & F - 8:45 to 3:30
(203) 245-5627.



Transportation for elderly and disabled Madison residents. Rides are given in a 14 town region for medical appointments, & personal business. Minimum 48 hour notice needed.

SENIOR CENTER BUS

Monday - Friday 9am to 3:30pm

A fixed route service to the MSC, downtown, & grocery shopping. Call for a schedule.

MEALS-ON-WHEELS

by The Estuary Council of Seniors (860) 388-1611
Ext. 207

Meals delivered around noon to the homebound or recently recovering. **Need 5 days notice & a doctor referral.**

**SENIOR CAFÉ**

Monday through
Friday at 11:45

Serving people ages 60 and up or disabled folks; there is a suggested donation of \$3.00. **To order: call Jodie, (203) 245-5686 by Noon the day before.**

**HEARING CLINICS**

Nancy from Audiology Concierge will be at the Madison Senior Center on the 3rd Monday every month, for free hearing

testing, hearing aid checks, wax inspection, and listening demonstrations.

By Appointment Only May 18th**Book Club**Thursday, May 28th

Meets at 1 pm to discuss

"Transatlantic"

by Colum McCann

Discussion led by Barbara MacDonald

The Friday**Movie Matinee at MSC Presented by SSILL**

All movies begin at 1:00

5/1: *Murder on the Orient Express*5/8: *Casablanca*5/15: *The Treasure of the Sierra Madre*5/22: *Dark Passage*5/29: *Dead Reckoning***ART 101**

This popular class provides instruction in drawing, pastel, watercolor, acrylic and oil. Get your creative juices flowing!

Tuesdays no class 5/12

1:30-3:30pm Fee \$5 Last class 5/26

Instr: Muriel Waldvogel

Crochet with Mrs. Wimble

Learn how to make beautiful crocheted bags from your recycled plastic shopping bags. Please bring 2-3 colored bags, scissors and large crochet hook size (7-10). **Wednesdays 1-2:30pm**

THINKING OF VOLUNTEERING?

Do you have a favorite activity/craft you would like to teach others? Maybe you would like to be a greeter & direct and assist customers, assist with computer check in process, answer phones, assist with newsletter, Meals on Wheels volunteer drivers.

Lunch Bunch & Shopping*please note: lunch is on your own*

Mon., May 4th *Chili's & Expect depart MSC at 11:30 bus fee \$2*

Mon., May 11th *Flanders Fish Mkt & The Fresh Cow for frozen treats depart MSC at 11:00 bus fee \$2*

Fri., May 29th *Pizza Works & Walmart in Old Saybrook depart MSC at 11:30 \$2 bus fee*

Bingo!**Dessert Bingo with Watrous**Friday, May 1st-2:30pm**St. Margaret's Bingo**Wednesday, May 13th 11:30am**MEET, MINGLE & MUNCH SOCIAL GROUP**

Do you like to do things, but not alone? At the social club you can join others for activities and fun events. Looking for new members, both men and women, and **new ideas**. Social hour is at **5:00pm.** at a local restaurant.

May 14th at
The Madison Beach Hotel

TECH SUPPORT

Have an iPad or a smart phone and don't know how to use it? Get all your questions answered for free at the Madison Senior Center. Scranton Library Teen Advisory Group and Madison Youth & Family Services will be offering **free** learning sessions. Teen Volunteers will be available to answer your questions.
Mon., May 18th 4-5pm Free

Please register with Katie Fargo at the Scranton Memorial Library (203) 245-7365 to receive updates regarding cancellations and changes. This also assists the library to schedule an appropriate number of volunteers.



Exercise With Patty Velleca
CHAIR EXERCISES

Seated exercise. increase muscle tone, joint flexibility, and cardiovascular strength.



Mondays - 10:30 to 11:30am

April 13th-May 18th

R\$26 | NR\$36

6 classes

Fridays - 10:30 to 11:30am

April 17th-May 29th

R\$30 | NR\$40

7 classes

SENIORS IN MOTION

Standing & chair exercises to help improve balance, strength, and stability.

Wednesdays - 10:30 to 11:30am

April 15th-May 27th

R\$23 | NR\$33

7 classes

EXERCISE & RELAX YOGA

Hatha Yoga is used to increase circulation and relaxation. Yoga postures provide deep tension release, self-control, and they increase energy.

Tuesdays 9:30-10:30am

April 14th-May 26th

R\$58 | NR\$68

7 classes

Thursday's 9:00-10:00am

April 16th-May 28th **No class 5/21**

R\$42 | NR\$52

5classes

FITNESS & MOVEMENT

Low impact aerobics for continuing good health. Cardiovascular workout with muscle and joint strengthening. Light weights will be used.

Wednesdays - 9:00-10:00am

April 15th-May 27th

R\$30 | NR\$40

7 Classes

Fridays - 9:00-10:00am

April 17th-May 29th

R\$30 | NR\$40

7 classes

TAICHI



T'ai Ch'uan is a gentle way of nourishing body, mind, and spirit. Practicing slow movements can improve health, vitality, balance, and concentration.

Instructor: S. Hanley

Mondays, 9-10am

(5 weeks)

May 4th-June 8th

R\$30 | NR\$40



No Excuses Tap Dance Club

Tap dancing is not only great exercise, it's also great for your memory, sequencing skills, large and small motor skills, balance, core muscle work, right and left brain work, a great workout, and fun too! Dancers get together to practice weekly without an instructor.

Instructor Annette Smith will be here May 7th her fee is \$12

Tap shoes & registration required. Thurs. from 10-11am FREE

Walkie Talkies



If you are tired of walking alone and want to meet other walkers. Walk with us weather permitting

Mon. & Tues. at the MSC 10 am.

Wednesday's at 10

Walking the Madison section of the *Shoreline Greenway Trail*. Starts at Hammonasset State Park. A new parking area is now available just east of the main entrance, on Rte 1.

EXERCISE CLASSES WITH KRIS

The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid until the end of the fiscal year of purchase. **Fiscal Year ends: June 30th, 2015.**

5 - Class Pass - R \$40 | NR \$50

10 - Class Pass - R \$80 | NR \$90

ZUMBA GOLD

Latin inspired, easy-to-follow, calorie burning, dance fitness-party. Feel the music and let loose.

Mondays - 1:00 to 1:55pm

Thursdays - 11:10 to 12:10pm

no class 5/21



Ask the Nurse

The VNA holds a Nurses Clinic on the 2nd and 4th Tuesday monthly. Check your blood pressure, pulse and weight; assess your health and work to set goals. The Nurse can also review your medications and help you to create a medication list, and discuss how to prepare for an appointment with your doctor. **12:30 pm on: Tues. May 26th**

MSC closed on 5/12

STRONGER SENIORS

Presented by VNA Community Healthcare. Increase muscle strength, improve flexibility, gait and balance to help avoid falls. Exercises performed in a chair or standing. Register at the Senior Center, checks made payable to VNA Community Health Care. **(No class 5/12, 21)**

Tuesdays & Thursdays

Mar. 17th - June 4th 1-2 pm



Ballroom Line Dancing

Reminisce with songs and dances you love, enjoy the memories they evoke while having fun and getting fit.

Instructor, Karen Pfrommer

no class 5/25

Mon., June 1st-July 6th

6 weeks

2-3pm

Fee: \$37R | \$47NR

THE INDEPENDENT YOU!

An interactive informational session about health and wellness presented by **Yale-New Haven Hospital Geriatric Services.** This program features:

- **Carecard-** A free health & wellness program for 50+
- **Lifeline-** A personal emergency response system, **new** lower monthly fee, and an Autoalert-button detects falls.
- **Healthy Aging Line-** Our *Healthy Aging Line* provides older adults and their caregivers with a gateway to the medical care and support they need. This service is free, confidential and staffed with service representatives specializing in resources for older adults.

There will also be a brief presentation by a Yale New Haven Hospital's Physical Therapists about fall prevention as well as demonstrating some chair exercises.

Tues., June 2nd at 10:30

Free

Please call to register

For all trips please park across the street from the Senior Center at the softball fields.

Mohegan Sun Friday

Every turn leads to a new adventure. Food vouchers & bet coupons included. **Depart MSC at 9am.**

Friday, May 8th
\$7

National September 11th Memorial Museum

The National September 11th Museum serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact and exploring 9/11's continuing significance. The Museum displays artifacts associated with the events of 9/11, while presenting stories of loss and recovery. Also visit Chelsea Market place, where you will have lunch on your own. Following lunch, your escort will take you on a brief walk of the High Line (a public park with beautiful gardens). Tour includes motorcoach, admission to 9/11 Museum, Escort and driver gratuities

Depart MSC at 7:30am return approximately 7:00pm.

Sunday, May 17th

Fee: \$68R | \$78NR

Gouveia Vineyards

Enjoy an afternoon at one of Connecticut's best wineries located in Wallingford, CT. The winery is atop 140 sun-kissed acres with spectacular 360 degree panoramic views of woodland, open fields, and over 32 acres of pristine vineyards. The wine tastings are \$10, paid at Gouveia, each which includes the tasting of five wines, four that are preselected and one that you chose, keep the etched glass as a souvenir. Not interested in a full wine tasting? Instead, purchase the wine by the glass or a bottle. Bring a picnic lunch and relax outside or in the stone house winery. No other beverages, alcoholic or non-alcoholic are allowed on the property. Water and soda can be purchased at the winery for \$2.00. **Depart from the Senior Center at 10:30am.**

Friday, May 15th

Fee:\$2

Hidden Gardens of Beacon Hill

The Beacon Hill Garden Club will hosts a walking tour of the Hidden Gardens of Beacon Hill. This ever popular show is the one day of the year that the public is invited to enter these private landscapes, which are not visible from the street. Twelve gardens will be on tour this year. See the wonders than can be wrought despite New England weather, urban pollution, space limitations and shade. Suitable shoes are strongly recommended. Tour includes: motorcoach transportation, admission to the Hidden gardens, and a tour director. There is leisure time for eating and shopping at Quincy Market at Faneuil Hall Marketplace. We will be leaving Boston at 5:00pm. Please note: PICK UP at exit 61 in Madison at the commuter lot.

Thursday, May 21st

Departure time TBD

R\$109 | NR\$119

Married to Broadway" presented by Friendship Tours The Aqua Turf

Ron Sharpe and Barbra Russell first met playing the young romantic leads of Marius and Cosette in "Les Miserables." After being married on stage hundreds of times, they decided to do it for real. Ron and Barbra, and their friends share their love affair with the music of The Great White way, performing show stopping numbers including "Phantom of the Opera," "Cats," "Evita," "West Side Story," and many more. Delicious lunch at the Aqua Turf includes a family style menu of Garden Salad, Pasta, Chicken ala Kathryn, Broiled Scrod with Tomato and Spinach Topping, Vegetables, Potatoes, Rolls, Dessert and Beverage.

Tuesday, May 26th

Depart Madison Senior Center at 10:00am

Fee: \$80R | \$90NR

Newport Flower Show

The Grand Ballroom of Rosecliff Mansion is the perfect place for flowers of flowers. Colorful displays of specialty plants beckon you closer, out on the terrace. Stroll onto the street and enjoy music, dance, food and interesting vendors from everywhere! The harbor view is spectacular. Set time for shopping and lunch in Newport, on your own. Price includes deluxe motorcoach, sightseeing and **attractions as per flyer and drivers gratuity.**

Newport, RI

Friday June 19th

Depart MSC at 9:00am Estimated return: 5:30pm

Fee: \$66R | \$76NR

Statue of Liberty and Ellis Island

Travel by motor coach to Liberty State Park in New Jersey to explore one of the greatest symbols of freedom in America. Upon arrival at Liberty State Park, board the ferry to Ellis Island, where millions of immigrants began the process toward American citizenship. After visiting Ellis Island, board the ferry for the Statue of Liberty. An early dinner is included at Bonefish Grill. Entrée choice of Chicken Marsala, Longfin Tilapia or Spring Basil Fettuccine served with all the trimmings. Please let us know when you sign up your meal choice. Price includes: Transportation, Ferry to Statue of Liberty and Ellis Island, Dinner at Bonefish Grill and Driver and Tour Director Gratuities.

Thursday, June 25th

Departure time TBD there maybe multiple stops

\$105R | \$110NR

Celebrate Italia

Offers a wide variety of American and Italian favorites so that everyone will have a chance to enjoy the celebration. The band, "The Italian Connection," has performed in many prestigious venues such as The Ritz Carlton Hotel, The Four Seasons Hotel, and The World Trade Center. Enjoy Coffee and Donuts, Door Prizes and a Complimentary Beverage. Lunch includes Salad, Pasta with Sausage and Meatballs, Chicken Cacciatore, Vegetables and Dessert. **Depart MSC at 10:00**

The Aqua Turf

Tuesday, July 21st

Fee: \$48

**My Fair Lady****Theatre By The Sea, Matunuck, RI****Thursday, July 9th**

My Fair Lady, is the wonderful story of Eliza Doolittle, a cockney flower girl, and her memorable makeover by Professor Higgins. Pre-show lunch at *Captain Jack's* a popular seafood eatery. The menu is clam chowder, clam cakes, a choice of either lobster salad roll with fries, fish and chips with coleslaw, 8 oz prime rib au jus or baked scrod with corn on the cob, dessert, coffee or soda. **Entrée choice is required upon registration.** Price includes motorcoach, sightseeing and attractions, driver gratuity and pre-show lunch. **Depart Madison Senior Center at 9:45am and returning around 6pm** **RS106 | NR\$116**

Bobby Rydell presented by Friendship Tours**The Aqua Turf,****Wednesday, August 12th**

Starring in the hit film "Bye Bye Birdie," and performing on countless TV shows. Bobby has earned a reputation as a classic performer. Not only is he a superb singer, he is an outstanding drummer, dancer and actor. A polished performer at a young age, he was the youngest ever to headline the Copacabana. Bobby performs "Wild One," "Volare," "We Got Love," "Kissin' Time," and "Forget Him." Lunch at the Aqua Turf includes a Garden Salad, Pasta, Chicken Francaise and Baked Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, and Beverage. **Departure Madison Senior Center at 10:00 am** **Fee: \$88R | \$98NR**

Historic Philadelphia Overnight**Phenomenal Price!!****August 18th-19th**

Enjoy a fun-filled 2 days in Philadelphia. Explore Longwood Gardens, at the renowned DuPont Estate. Overnight accommodations at the Holiday Inn Express in midtown Philadelphia. A welcome dinner marks our arrival. Day two ride the Ducks Tour on Philadelphia's only land and water tour! Enjoy Reading Terminal Marketplace for shopping and lunch on your own. Price includes motor coach, hotel, 1 dinner, 1 breakfast, sightseeing and admission as per itinerary, driver and tour guides gratuity.

Depart Time 7:30am \$302 pp Twin/Triple, \$382 pp Single \$100 deposit due by May 26th with final deposit due by July 7th

Pacific Northwest and California**September 14th-21st**

Day 1: Overnight stay in Seattle and welcome dinner **Day 2:** Sightseeing tour of the "Emerald City," including waterfront area, historic Pioneers Square, and lively Pike Place Market. Departing Seattle, travel south through Olympia and stop at Mount St. Helens Visitor Center. Learn about the 1980 eruption of Mount St. Helens. Continue to Portland for a two-night stay at the Hotel Eastland. **Day 3:** Drive along the Mt. Hood route to the Columbia River Gorge for a day of sightseeing. Tour the gorge and the Bonneville Dam, learn about its fascinating hydropower and history. At night, relax on a dining and sightseeing cruise, glide along the Willamette River and Lake Oswego for an unforgettable evening. Enjoy a vibrant setting enhanced by dazzling city lights, festive cuisine and live performances. **Day 4:** Journey through what was the promised land for many pioneers during the days of the Oregon Trail., the Willamette Valley. Head to the coastal town of Newport and stop along the beautiful coastline and the Oregon Dunes National Recreation Area. **Day 5:** Drive to Bandon State Natural Area and be amazed by the scenery along the striking Beach Loop with sights such as Bandon Rocks and Face Rock. Stop in the picturesque town of Gold Beach. Enter redwood country of California. Travel through Redwood National Park, get close-up to some of the world's largest trees. Arriving in Eureka, enjoy a delightful tour through this historic timber and fishing village and witness the Victorian architecture of Old Town. **Day 6:** Continue through the Redwood Forest and see the "Avenue of the Giants", drive over the Golden Gate Bridge and arrive in the "City by the Bay," San Francisco. Tonight offers exceptional views of San Francisco and the Bay Bridge. **Day 7:** After breakfast discover this amazing city with a sightseeing tour. You will see the Twin Peaks, the Golden Gate Bridge and China Town. Enjoy the rest of your day at leisure to explore on your own. **Day 8:** Your Tour ends, head home. Included in the price: Group transportation from a central location to and from Bradley International Airport, round trip airfare, air taxes and fees/surcharges, hotel transfers, 8 Days & 7 Nights, 10 meals: 6 Breakfasts, 4 dinners. Book by March 13, 2015 and Save \$100 per person. **Not included in price is cancellation waiver insurance, cost of \$205 a person.**

Double: \$2,699, Single: \$3,349, Triple: \$2,669 Reg rates are Double: \$2,799, Single: \$3,449, Triple: \$2,769.

South Pacific**Ivoryton Playhouse****July 15th**

Who doesn't love this extraordinary show that includes "Some Enchanted Evening," "Younger Than Springtime," "Bali Ha'i," "There Is Nothin' Like A Dame," and "A Wonderful Guy"? But *South Pacific* is also a deeply felt drama. Its portrayal of Americans stationed in an alien culture in wartime is as relevant today as when it first thrilled audiences back in 1949. The play is based upon two short stories by James A. Michener from his book *Tales of the South Pacific*, which itself was the winner of the Pulitzer Prize for Fiction in 1948. For their adaptation, Rodgers and Hammerstein, along with co-writer Joshua Logan, won the Pulitzer Prize for Drama in 1950.

Depart MSC at 1:00**\$38R | \$48NR****Cruise from Baltimore to the Caribbean on "Grandeur of the Seas with Royal Caribbean"****Oct. 30th-Nov. 11th**

13 Days/12 Nights Fully Escorted by Friendship Tour's Staff Travel on a motorcoach to Baltimore for a 2 night stay over Halloween, and then you're off to the sunny Caribbean for a cruise filled with activities, entertainment and lots of laughs! Trip includes motorcoach travel to Baltimore, a 2 night stay in a hotel, welcome dinner, breakfast and a sightseeing tour of the US Naval Academy in Annapolis, and 10 nights aboard the *Grandeur of the Seas*. The cruise offers excursions to Cozumel, Grand Cayman, Jamaica and Private Isle Labadee, and Haiti. As well as, all meals, daily activities, entertainment, casino, cocktail party and tour escort. All registration is done through Friendship Tours at 1-860-243-1630. **Departure time TBD**

Inside room prices begin at \$1749pp. twin , outside room prices begin at \$1929pp. Twin; plus taxes of \$133pp.

11 Menu



MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please remember to make your reservation with Jodie Shevlin at (203) 245-5686 by 12 Noon the day before you plan to come for lunch. (If you want to attend on a Monday please call by noon the previous Friday.)</i></p>				
<p>4 Salisbury Steak, with Mushroom Gravy, Bowtie Noodles, Peas and Pearl Onions, Rye Bread, Fruit Cocktail, Milk</p>	<p>5 Cinco De Mayo Taco Bake, with Taco Chips, Lettuce, Tomato, Cheese, Sour Cream, & Taco Sauce, Fiestqa Corn, Lime Jello with Fruit, Topping, Milk</p>	<p>6 Chicken Marsala, WW Pasta w/Olive Oil, Garlic & Basil, Parmesan Cheese, Stewed Tomatoes, Ital. Bread, Cinnamon Applesauce, Milk</p>	<p>7 Roast Pork, w/ Gravy, Baked Sweet Potato, Scandinavian Blend, Applesauce garnish, Wheat Bread Stick, Pear, Milk</p>	<p>1 Cheese Ravioli with Tomato Sauce, Parmesan Cheese, Collard Greens, Carrots, Garlic Bread, Vanilla Pudding with Strawberries, Milk</p>
<p>11 Baked Chicken w/ BBQ Sauce, Mashed Swt. Potato, Fiesta Blend, Wheat Dinner Roll, Seasonal Fresh Fruit, Milk</p>	<p>12 Closed due to Voting for the Budget Referendum</p>	<p>13 Turkey Sloppy Joe on a Wheat Roll, Mashed Squash, Spinach, Banana, Milk</p>	<p>14 Grape Juice, Swedish Meatballs, Egg Noodles, Steamed Green Beans, Whole Wheat Bread, Fruited Jell-o, Milk</p>	<p>8 Mother's Day Brunch Fresh Fruit Cup, Spinach, Broccoli & Mushroom Quiche, Home Fries, Tossed Salad, Ital. Dressing, Coffee Cake, Milk</p>
<p>18 Cranberry Juice, Hamburger on WW Bun, Sweet Potato Fries, Baked Beans, Butterscotch Pudding, Milk</p>	<p>19 Chicken Primavera, w/ Egg Noodles, Zucchini, Wheat Dinner Roll, Fresh Fruit, Milk</p>	<p>20 Apple Juice, Light Crunch Fish w/ Lemon Sauce, Southwest Rice, California Blend, 12-grain Bread, Brownie, Milk</p>	<p>21 CLOSED for the Journey to Health & Wellness Fair</p>	<p>15 Crab Cake w/ Tartar Sauce, Mashed Potato, Steamed Broccoli, Rye Bread, Scalloped Apples, Milk</p>
<p>25 Memorial Day</p>	<p>26 Eggplant Parmesan, Penne Pasta, Parmesan Cheese, Italian Blen Veg., Garlic Bread, Apricots, Milk</p>	<p>27 Cranapple Juice, Pot Roast, Mashed Potatoes, Bean Blend, Wheat Bread, Carrot Cake, Milk</p>	<p>28 Oven Baked Chicken Qtr., Pumpkin & Spinach Risotto, Broccoli, Whole Wht Dinner Roll, Tropical Fruit Cup, Milk</p>	<p>22 Tomato Soup, Grilled Cheese on Whole Wheat Bread, Tossed Salad w/ Italian Dressing, Fruit Cocktail, Milk</p>
				<p>29 Cheese Omelet, Spinach, Roasted Potatoes, 12 Grain Bread, Pineapple, Milk</p>



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COMPUTER CLASSES

Computer Basics For Beginners

For the person who is new or relatively new to computers. Start with the basics - terminology, components etc. what can be done with a computer; composing a letter, e-mail, and an introduction to the Internet. If you have your own laptop, iPad, PC or Mac please feel free to bring it with you.

Wed. April 29th-May 27th

10 to 11:00am

Fee: R \$42 | NR \$52 (5 classes)

IPad for Beginners

Learn the basics of using an iPad, terminology, components etc. What can you do with your iPad? Learn e-mail, playing games, entertaining and set a reminder of when to take your medications! Bring your iPad & Apple password.

Wed., April 29th-May 27th

12-1:00pm

Fee: R \$42 | NR \$52 (5 classes)

E-Bay: and "New" Craig's List

You will learn how to open E-bay & PayPal accounts online, search and bid on an item, pay and complete the transaction, investigate sellers, and find the best deal. Learn how to become an eBay seller, what it costs, how to price your items, take and upload a picture, complete the sale, and the best words to describe your item. Please bring a camera, charged battery, & a pad and pencil. Classes are 2 hours. If you have your own laptop, please bring it with you.

Thurs., May 7th-May 21st

10-12pm

Fee: R \$42 | NR \$52 (3 classes)

All Computer Classes offered with the Guilford Senior Center. Guilford residents will be charged the resident fee.

Open Lab: computers are available for your personal use when classes are not in session from 9am-4pm free

Ongoing Activities at the Senior Center

Bridge	Thurs & Fri.	1- 4 pm	Knitting Group	Tues. & Thurs.	10am-12pm	Hand & Foot	Fridays	1- 4 pm
Canasta	Tuesdays	1- 4 pm	MSC Mah Jongg	Thursdays	1- 4 pm	Set Back	Wednesdays	12:45pm
Crocheting Bags	Wednesdays	1-3 pm	Walking Club	Mon & Tues.	10am	Swedish Weaving	Tuesdays	10-1